What is claimed is:

1. A mobile communication tower comprising:

a trailer comprising a chassis, mounted on two or more wheels, a hitch, a plurality of chassis guy wire attaching points and a plurality of leveling mechanisms,

a telescopic tower pivotally mounted on the trailer,

a mechanism to raise and lower the tower,

a plurality of tower guy wire attaching points located on the tower, and

a plurality of guy wires each with an upper end attached to one of the tower guy wire attaching points and a lower end attached to one of the chassis guy wire attaching points.

2. A tower as claimed in claim 1, wherein the chassis has a plurality of retractable outriggers, each outrigger has an outrigger guy wire attaching point and a foot which can be adjusted vertically, wherein the lower end of each guy wire is attached to an outrigger guy wire attaching point.

3. A method for stabilizing a mobile communications tower comprising the steps of:

attaching an upper ends of a plurality of guy wires to the erected tower, attaching the lower ends of the plurality of guy wires to the chassis of the trailer and tightening the plurality of guy wires.

4. A mobile lighting tower comprising:

a trailer comprising a chassis, mounted on two or more wheels, a hitch, a plurality of chassis guy wire attaching points and a plurality of leveling mechanisms,

a telescopic tower pivotally mounted on the trailer,

a mechanism to raise and lower the tower,

a plurality of tower guy wire attaching points located on the tower, and

a plurality of guy wires each with an upper end attached to one of the tower guy wire attaching points and a lower end attached to one of the chassis guy wire attaching points.

5. A tower as claimed in claim 4, wherein the chassis has a plurality of retractable outriggers, each outrigger has an outrigger guy wire attaching point and a foot which can be adjusted vertically, wherein the lower end of each guy wire is attached to an outrigger guy wire attaching point.

6. A method for stabilizing a mobile lighting tower comprising the steps of:

attaching an upper ends of a plurality of guy wires to the erected tower, attaching the lower ends of the plurality of guy wires to the chassis of the trailer and tightening the plurality of guy wires.